

RIVERCOURT RESIDENCES

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REFLECTIONS

January 2022 Activity Calendar



Location Key:
L- AL Living Room
L-2- Upstairs AL Living Room
G- Gym



The Music & memory
program is an activity
for our Residents
at any time...day or night.

Time in the Gym ...
Play Pool, Golf, Horseshoes,
Shuffle Board, Darts
Tail Gate Toss or Bowling.

Any calendar changes
or additions
will be posted
on the white board.

Hidden Treasures
is a specialized
Art Appreciation Program
held at the
Fitchburg Art Museum.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Reflections Activity Calendar

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| | | | | | | 10:15 Morning Stretch 11:00 Can you Picture This? 1:30 Word Games 2:45 The Parachute 3:45 Cranium Crunches 4:15 Sing-along & Dance 6:00 Evening Movie New Year's Day |
| | | | | | | 10:15 AM Stretch 11:00 Hymn Sing 1:30 "It's for the Birds" Craft 3:00 Walk-about 3:45 Brain Teasers 4:15 Sing-along & Dance 6:00 Evening Movie |
| 10:15 AM Stretch 11:00 Gospel Sing w/ Jodie 1:30 Lovin' from the Oven 3:00 Walk-about 3:45 Clue Trivia 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 Keeping Fit 11:00 Furry Friend ~ Brandi 11:30 Roll & Rhyme 1:30 Styles of the Past~~ Fashions of "Downton Abbey" 3:45 Move 'n Groove 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 Morning Stretch 11:00 Chair Yoga with Nanci 1:00 Finish the Line Trivia 1:30 Sing & Dance w/ Andy 3:45 Brain Teasers 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 AM Stretch 11:00 Brain Games 1:15 Van Ride or 1:30 Seasonal Art / Puzzle Corner 3:00 Walk-about 3:30 Furry Friend "Mr Wilson" 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 Keeping Fit 11:00 Cryptograms 1:30 Craft Corner 3:00 Walk-about 3:45 Word Search 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 AM Stretch 11:00 Double Exposure 1:30 Ocean Bingo 3:00 Walk-about 3:30 Friday Floats 3:45 Brain Teasers 4:15 Sing-along & Dance 6:00 Evening Movie | |
| 10:15 AM Stretch 11:00 Hymn Sing 1:30 Seth plays Guitar 3:00 Walk-about 3:45 Call out the Answer 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 Keeping Fit 11:00 Furry Friend ~ Brandi 11:30 Clue Trivia 1:30 "I Love America" Jingo 3:45 Brain Teasers 4:15 Sing-along & Dance 6:00 Evening Movie Martin Luther King Jr. Day | 10:15 Morning Stretch 11:00 Alphabet Bingo 1:30 Can you Picture This? 2:30 January Birthday Party w/ George Parker (L) 3:45 Cranium Crunches 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 AM Stretch 11:00 Bananagrams 1:15 Van Ride or 1:30 Stars for Our Troops 3:00 Mass- Father Charles (L-2) 3:45 Furry Friend "Wilson" 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 Keeping Fit 11:00 Steps in Time w/ Michael 1:30 Songwriting w/ Jodie 2:45 Name Five 3:00 Walk-about 3:45 Word Search 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 AM Stretch 11:00 Game Time 1:30 Betty- Ann's Old Stuff 3:00 Walk-about 3:30 Friday Floats 3:45 Balloon Toss 4:15 Sing-along & Dance 6:00 Evening Movie | |
| 10:15 AM Stretch 11:00 Hymn Sing 1:30 Hi-Lo Rummy 2:45 Walk-about 3:30 Word Games 4:15 Sing-along & Dance 6:00 Evening Movie Activity Professionals Week | 10:15 Keeping Fit 11:00 Adam plays Guitar 11:30 Finishing Lines 1:30 Games w/ Marion 3:00 Balloon Volleyball 3:45 Brain Teasers 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 Morning Exercise 11:00 Chair Yoga with Nanci 1:30 I've Got It! 2:30 Joe Malone presents ... ~~~~ Elvis Presley ~~~~ 3:45 Brain Teasers 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 AM Stretch 11:00 Dice Bingo 1:15 Van Ride or 1:30 What do you See? 3:00 Walk-about 3:45 Furry Friend "Wilson" 4:15 Sing-along & Dance 6:00 Evening Movie Australia Day (observed) | 10:15 Keeping Fit 11:00 Find the Match 1:30 Calendar Jingo 2:15 Double Exposure 3:00 Walk-about 3:45 Word Search 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 Trivia 10:30 Sing & Dance w/ Andy 1:30 Bingo or Puzzle Corner 3:00 Walk-about 3:30 Friday Floats 3:45 Brain Teasers 4:15 Sing-along & Dance 6:00 Evening Movie | |
| 10:15 AM Stretch 11:00 Hymn Sing 1:30 Create with Stackables 2:45 Walk-about 3:30 Balloon Toss 4:15 Sing-along & Dance 6:00 Evening Movie | 10:15 Keeping Fit 11:00 Furry Friend ~ Brandi 11:00 Alphabetics Trivia 1:30 Music Bingo 3:00 Walk-about 3:30 Mark West plays Piano 4:15 Sing-along & Dance 6:00 Evening Movie | <p>Happy Birthday to... Barbara B. ~~~ Friday, January 7th and Steve W. ~~~ Saturday, January 8th</p> | | | | |